

JANUARY 2014

Take Charge of Your Diabetes!

Attend a FREE workshop that will empower you to take back your life & take charge of your Diabetes! This 6 week workshop will cover many topics including: healthy eating, meal planning, reading a food label, action-planning, monitoring blood sugar, decreasing stress, dealing with the difficult emotions, managing your medications, and effectively communicating with family, friends and health care professionals.

Class Dates: Jan. 16, 23, 30, Feb. 6, 13, & 20,

Time: 6:00-8:00 pm

Who: Anyone with Diabetes or caregivers of people with Diabetes

Location: RC Extension Office, 315 John R. Rice Blvd. Murfreesboro, TN. 37129

Want to sign up or have questions? Call: 615-898-7710

Presented by: Misty Layne-Watkins, RC Extension & LaShan Mathews, RC Health Dept.









A movement to make this a healthier state

The Governor's Foundation is a key partner in helping us advance the Tennessee Department of Health Mission and Vision with three simple messages: **Get regular physical activity every day, Eat healthier foods in right-sized portions, and Enjoy life without tobacco or nicotine.** You can help.

Please go to the website http://healthiertn.com/startnow/, view the brief video "Start Now," click "Count Me In" and subscribe to the email updates. Certainly too, encourage your friends and family to do the same so we can help this message spread. Each of us can be a leader in protecting, promoting and improving the health and prosperity of Tennessee. So if you would please, Start Now!!

Right Now

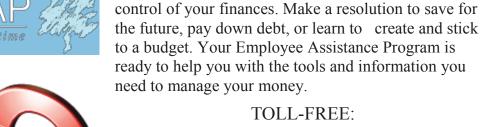
Tennessee is one of the least healthy states

in America.

LifeServices EAP

DEBIT OR CREDIT

MANAGING CREDIT, DEBT, AND **AVOIDING ISSUES**



800-822-4847

The New Year brings with it a new opportunity to get

WEBSITE:

www.lifeserviceseap.com username: rutherford password: employee

Available anytime, any day, your EAP is a free, fidential program to help you balance your work, family, and personal life.



Make Your Money Work For You: A Debt Management Plan

Jan 21 —11 am, 1 pm Learn tips to decrease your debt, maximize your credit score, negotiate with creditors, and rebuild your credit after major life events such as divorce, bankruptcy, or ID Theft.



EMPLOYEE ASSISTANCE PROGRAM

WELLNESS HAPPENINGS

JANUARY 2014

JAN 1-31: Gym Feature 'The Wellness Center at St. Thomas **SAVE 40%** See next page for more info.

JAN 16: Take Charge of Your Diabetes- 6 week session **6-8:00**P Call Misty to sign up 898-7710.

JAN 21: LifeServices Webinar: "Making Your Money Work for You" 11 AM **& 1 PM** Learn tips to decrease your debt, maximize your credit score, negotiate with creditors, and rebuild your credit after major life events such as divorce, bankruptcy, or ID theft. www.lifeserviceseap.com

JAN 27: Yoga for Back Care Mondays @ 5:30PM

8 week series at Patterson Park focused the back. Sign up now to ensure your space. Mats, blocks, and straps will be available. Bring blankets or beach towels Contact: hannah.powell628@gmail.com

FEBRUARY 2014

FEB 17: Biometrics Screening Deadline-RC MEDICAL INSURANCE POLICY HOLDERS Avoid the fee (payroll deducted) ?questions? Email: kperrien@rutherfordcountytn.gov



Congratulations to:

Mary Schneider

Rutherford County **Drug Court** She's the UP Bracelet Winner!!!



Hours

Mon-T 5:30an

Friday: 5:30an

Saturd 8am-1

Sunda Closed



Memberships Dues

The Wellness Center at Saint Thomas Rutherford Hospital

Rutherford County Smart Steps

Saint Thomas Rutherford Hospital Wellness Center will offer this discount to all Rutherford County Employees and their dependents.

Bring this document and your employee ID to The Wellness Center to start your membership today!

- SAVE 40+% ON MEMBERSHIP DUES
- NO JOINING FEES

FREE SESSION WITH EXERCISE PHYSIOLOGIST

Exercise Physiologists are available at no additional cost to meet with you to design an exercise program based upon your personal needs and goals, show you how to use the equipment, and give you a tour of the facility. Call 396-5500 to schedule your one-on-one appointment with an Exercise Physiologist, or come by Wellness Center's front desk during our business hours.

FULL ACCESS TO FACILITY AND CLASSES

Treadmills, stationary upright and recumbent bikes, elliptical trainers, upright and recumbent stair machines, rowers, weight machines, functional trainer, and free weights. Locker rooms, showers. Group exercise classes including Yoga, Aerobics, Body Toning, Pilates, Zumba, Zumba Gold

OTHER PROGRAMS AND SERVICES

Body Composition, Personal Training, Cancer Wellness, Pulmonary and Cardiac Rehabilitation, Stroke Recovery, Bariatric Wellness Aftercare, and Orthopedic Transition programs.

Rutherford County Membership Dues	Monthly Draft From Checking Only	1-Year Payment Cash or Check
Individual	\$20	\$240
Married Couple	\$40	\$480
Dependents	\$20	\$240

(must be legal dependent, ages 13)



